
















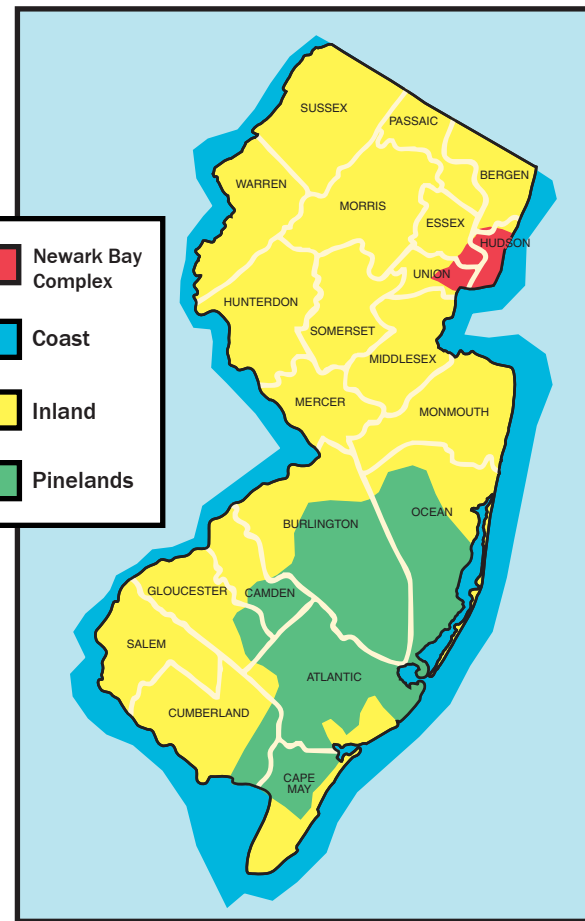


Statewide & Regional Fish Consumption Recommendations to Reduce Exposure to Dioxin, PCBs and Mercury*

<i>Fish / Crustacea Under Advisory</i>	<i>General Population</i>	<i>High Risk**</i>
Blue Claw Crab 	Do Not Catch, Do Not Eat!	Do Not Catch, Do Not Eat!
American Eel  Bluefish greater than 6lbs. / 24" 	4 meals / year	Do Not Eat!
Bluefish less than 6lbs. / 24"  Striped Bass 	1 meal / month	Do Not Eat!
American Lobster 	Do Not Eat Green Gland (tomalley or hepatopancreas)	
Largemouth Bass  Chain Pickerel  Smallmouth Bass 	1 meal / week	1 meal / month
Sunfish (includes bluegill, pumpkinseed and redbreast sunfish)  Yellow Bullhead 	No Restrictions	1 meal / month
Brown Bullhead 	No Restrictions	1 meal / week
Largemouth Bass  Chain Pickerel 	1 meal / month	Do Not Eat!
Brown Bullhead  Yellow Bullhead 	1 meal / week	Do Not Eat!
Sunfish (includes bluegill, pumpkinseed and redbreast sunfish) 	1 meal / week	1 meal / month



*There are additional warnings for these and other fish in specific waterbodies. Check the contact information on the back of this flyer or visit www.FishSmartEatSmartNJ.org

For all freshwater fish without specific advisories, eat no more than:

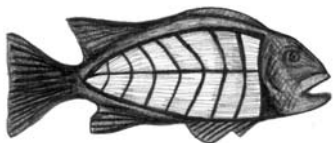
<i>General Population</i>	<i>High Risk**</i>
1 meal / week	1 meal / month

**High Risk is defined as infants, children, pregnant women, nursing mothers and women of childbearing age.

NOTE: To reduce your exposure, eat those fish with the lowest meal restrictions. Do not combine meal restrictions. (For example, if you eat multiple fish species or catch fish from more than one area, the recommended guidelines for different species and different locations should not be combined.)

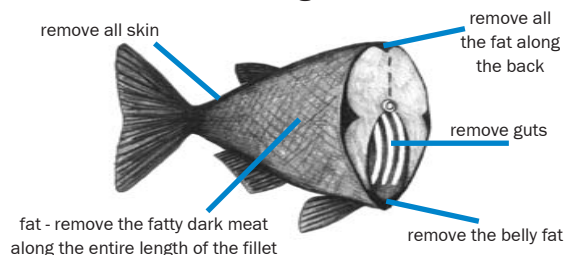
Reduce Exposure to Dioxin and PCBs

Eat only the fillet!



Do not eat the whole fish or steak portions.

Cleaning Fish:



Remove and throw away the head, guts, kidneys, and the liver. Remove the "backstrap meat" along with the skin, lateral line and belly meat.

Cut away the fat, skin and belly area before cooking.

Cooking Fish:

Bake, broil, steam, fry or grill fish, and throw away the cooking juices.

Use only fish fillets when preparing soups, stews and chowders.



American Lobster
Remove the green gland

www.FishSmartEatSmartNJ.org

WARNING!

Dioxin, PCBs and mercury may pose greater risk to babies and young children. For this reason it is important for women who are pregnant, or might become pregnant, breastfeeding women, and young children to follow the recommendations found in this flyer to reduce exposure.

Where to get more information:

New Jersey Department of
Environmental Protection
Division of Science, Research and Technology
*Additional copies of this brochure
can be printed from the web site:*
www.FishSmartEatSmartNJ.org
(609) 984-6070

New Jersey Department of
Health and Senior Services
www.state.nj.us/health/eoh/foodweb
(609) 588-3123

Environmental Protection Agency
Fish and Wildlife Contamination Program
www.epa.gov/ost/fish

For Information on Commercial Fish:
Food and Drug Administration
www.cfsan.fda.gov/seafood1.html
1-888-SAFEFOOD



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Inside fish illustration by Ted Walke

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Fish Smart Eat Smart

Eating fish is good for you, but some fish and crustacea caught in New Jersey are contaminated with chemicals such as Dioxin, PCBs and Mercury.



www.FishSmartEatSmartNJ.org

Jon S. Corzine, Governor
State of New Jersey